

ALIVE LUXURY PRIVATE MENTAL HEALTH RETREATS



ABOUT ALIVE



ELITE

TRUSTED BY
VIP'S



PRIVATE

EXCLUSIVE &
CONFIDENTIAL



SKILL

PROVEN RESULTS
SINCE 2009



EXPERT

PROFESSIONAL
DEDICATED TEAM



5 STAR

THE ULTIMATE IN
LUXURY

Alive offers bespoke 1:1 private health, detox, life change, mental health & addiction intensive programs with secret treatment & self transformation for VIP's. A world class program proven to get results in record time for those who require unique support & confidentiality.

Our 5 star VIP Retreats are held on the island of Bali with a bespoke team of top international mental health experts & offers you the ultimate once in a lifetime opportunity to release, reset, recover & re create every aspect of your health, life, mind, relationships and business. Regardless of what you are facing and at what level - we hand pick a team uniquely created to guarantee your transformation in complete secrecy with a highly skilled team.

Our VIP Confidential Retreat and Holistic Treatment Programs are created for those who require a unique personalised retreat experience to deal with whatever is holding you back - in privacy with absolute skill & proven results.

Every client is unique and can be facing burn out, overwhelm, disconnection, lack of purpose & meaning, relationship issues, health issues & lost energy, anxiety & depression, addiction and more. Our unique empowered approach to dealing with any issue you face is why our clients receive FAST results in record time.

Working with our full team of world class experts in health, life, mental health & business you receive the ultimate life changing program in seclusion & privacy to be fully supported on your journey to personal & professional transformation in secrecy with ease.

Leave all of your responsibilities behind & experience complete peace with a personalised holistic wellness & life transformation team ready to hold the weight of your responsibilities, help you disconnect & breathe life into your soul as you regain your POWER.

A hidden luxury sanctuary created uniquely for you to help you revive, radically heal, transform and create the best version of yourself & life moving forward playing at the top with ease.

We've been transforming the lives of the elite that require an exclusive team working with them behind the scenes as their secret weapon since 2009 and we understand your position of not being able to get the support you need with ease, speed & effectiveness regardless of the depth of your issues.

Create the ultimate experience to transform your health, life, mindset, relationships and business in record time.

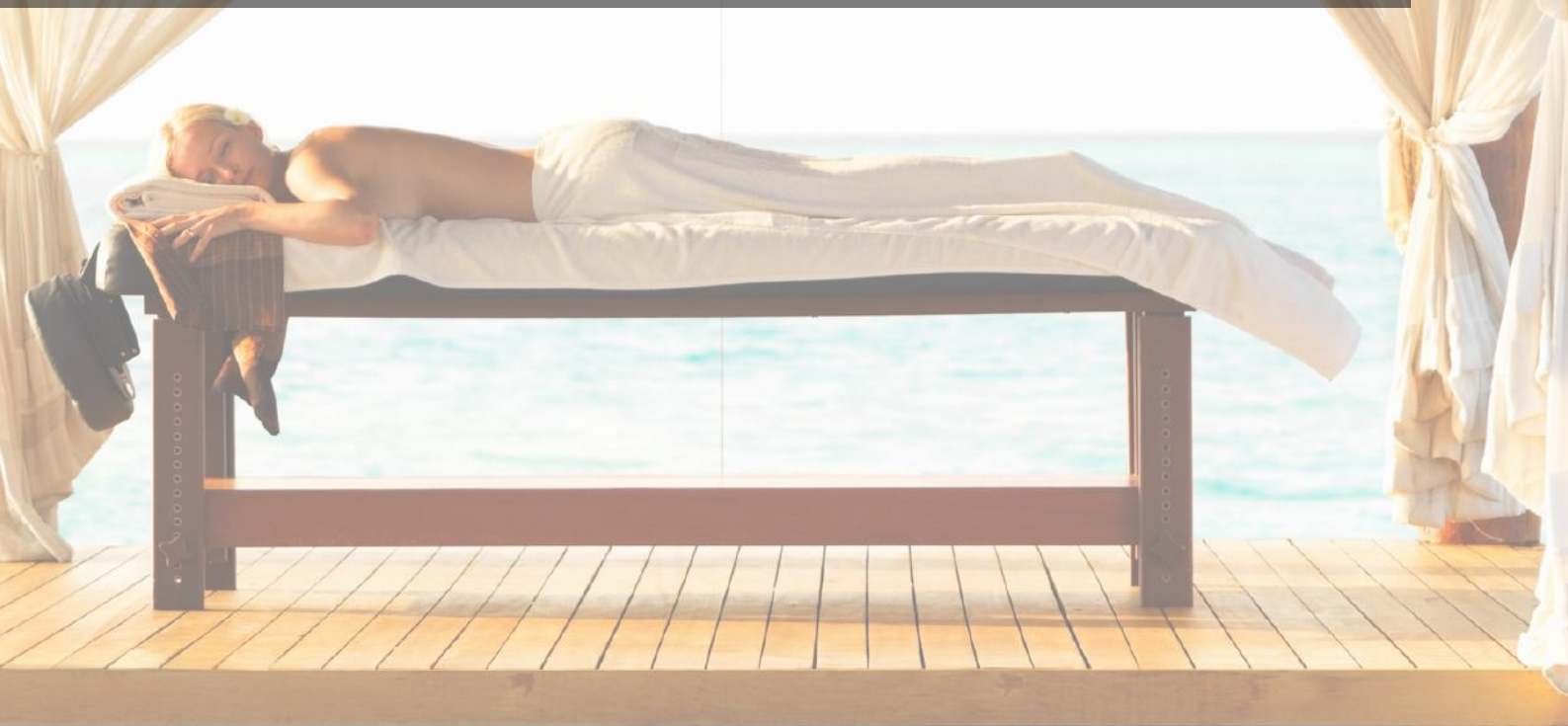
We are looking forward to taking excellent care of you before, during & after your life changing retreat experience.

The Alive Team

A TRANSFORMATIONAL PROGRAM FOR ROBUST HEALTH, MENTAL WELLBEING & RECREATING YOUR LIFE

ALIVE IS A TRUE LIFE TRANSFORMING PROCESS FOR THOSE LOOKING TO TAP DEEPLY INTO THEIR UNIQUE PURPOSE IN LIFE & HUMAN POTENTIAL WHILST PLAYING AT THE TOP OF THEIR GAME - WITHOUT LOSING THEMSELVES.

THIS IS A POWERFUL SYSTEM THAT TRANSFORMS INDIVIDUALS AT THE CORE TO PLAY AT THE ULTIMATE LEVEL OF SUCCESS WHILST MAINTAINING THE ULTIMATE LEVEL OF ENERGY, INNER HARMONY, MEANING AND FULFILMENT & ERADICATING WHAT IS IN THE WAY OF EXPERIENCING THE TRUE LEVELS OF HEALTH & HAPPINESS THEY DESERVE & DESIRE WITH LIFE LONG RESULTS.



*Reconnect. Rediscover. Realign.
Recreate.*

OUR PHILOSOPHY

A Message From The Team To You

We exist to heal what is in the way of your untapped human potential with true health, connection and authentic happiness providing excellence in holistic care and treatment that is exclusive to Alive since 2009.

We don't support dry clinical approaches or talk endlessly about 'what is wrong with you' - instead we rapidly heal at the core of you and every area of your life what is in the way of you living a life you love THRIVING as the best possible version of yourself regardless of the issues you are currently facing.

We Believe...You are only scratching the surface of the impact you could have (no matter how successful or wealthy you are). It's easy to make the "impossible" happen than... lose connection, lose yourself, over complicate or sabotage.

Alive is a powerful collective system built for high achievers & high net worth individuals to grow into their Fully Aligned, Fully Expressed, True Human Potential to serve in an Unlimited Way in health, life, personal relationships, business and their true legacy with ease. For those on the way up who want a proven system, those already there who need to realign and those who have fallen and are ready to reset. This is a tools based, fully supported program that amplifies every area of your life in record time with record results.

There are three key philosophies you will align with during your retreat and ongoing life integration program with full support:

1. Reset

Clean Up What's In The Way Of A Present Happy Mind, Heal Internally, Rejuvenate Health & Regain Your Inner Power To Build An Unbreakable Relationship With Yourself.

2. Revive

Create & Lead In Your Own Lane With True Presence & Connection Not Chaos & Confusion. Ignite Your Passion For Life & Reconnect To Your Purpose, Others & The World Around You.

3. Recreate

Amplify Your Exponential Impact Without Losing Yourself. Create A Life, Business & World You Love.

OUR PHILOSOPHY

"I'm not lonely, but I feel very alone..." are words that we often hear from our clients, some of the most fascinating people on the planet. It's often lonely playing at the top where detachment and loss of meaning are par for course. We've found our clients scrambling to maintain their mental health and sense of self with multiple managers, unhelpful therapy, masking with medication or self medicating, employing consultants and coaches to hold their lives together but with mediocre results - we do that for you in one place with zero distraction & recreate your life moving forward.

Most people think...that when they have enough money, success, or recognition, they'll finally be 'happy'. The truth is...you can have everything you ever wanted but still feel empty inside and lose yourself in the doing of life, relationships and pressure.

Most people think...that success means no longer having to feel fear. The truth is...successful people head in the direction of their fear and often use it to catapult their success, avoid showing weakness not realising that this limited way of being will eventually negate exponential success on all levels - not just in what you do but in many other life areas - including eroding the relationship you have with yourself. And it is at this point that we are reality slapped and usually mentally and emotionally the unravelling begins.

When you transform your relationship to fear, feelings & reactions & step into flow that can only be found from pulling back - your potential, true sense of self & direction exponentially grows with the kind of ease and effectiveness you have always desired but never knew how to create. And you get to create with clarity and confidence using a system for doing life at the top that truly works.

You are more than what you do, what you know and what you have - we tap into the core of who you truly are and nurture every aspect of what it is you need so your unique genius and way of being and serving in the world happens with ease.

THE ALIVE TEAM

ABOUT YOU



CONFIDENTIAL VIP SUPPORT FOR...



SPORT

PROFESSIONAL SPORTS PLAYERS
UNDER PRESSURE TO PERFORM &
MAINTAIN A LEVEL OF PRODUCTIVITY,
STATUS AND PUBLIC PERSONALITY AS
WELL AS THOSE WHO SUPPORT THEM.



CREATIVES

ARTISTS. PERFORMING ARTISTS &
CREATIVES IN THE FIELDS OF ART,
MUSIC, FILM, & TV OR FASHION WITH
PUBLIC PERSONAS OR THOSE
WORKING BEHIND THE SCENES.



BUSINESS

EXECUTIVES OR CREATIVE
ENTREPRENEURS IN ALL AREAS OF
BUSINESS. THOSE WHO PLAY AT THE
TOP AND REQUIRE A UNIQUE LEVEL
OF PERSONAL AND PROFESSIONAL
SUPPORT.



ELITE

HIGH NETWORTH INDIVIDUALS WHO
ARE BORN INTO WEALTH OR STATUS
& REQUIRE THE PERSONAL SUPPORT
TO DEAL WITH THEIR LEVEL OF
WEALTH &/OR FAME.

ABOUT YOU

Many of our clients are dealing with an immense amount of pressure and responsibility in their lives that no one else really understands. Even those closest to them can never fully grasp their potential and the pressure that comes with it.

Some have extreme wealth and freedom and have lost direction or buckle under the immense responsibility. Some have found fame or wealth quickly and are struggling to deal with the pressure. Some struggle to deal with their extreme potential and creative abilities and a mind that never stops. Some are extremely bored, enabled and disconnected.

Every client is unique.
And we understand you uniquely.

Whether you are crumbling under pressure, losing your identity, lost all meaning or outsourcing your anxiety in ways that don't serve you... without judgement we support you to recover yourself, your life and your direction in record time. Everyday therapy & dry clinical approaches don't work for extraordinary people with extraordinary circumstances.

That's why we exist.

We meet you at your level, we are honest and direct in our approach and we connect to who you really are without judgement, with warmth and skill and with full support. It is for this reason our high net worth clients have us 'outside their circle' but working closely with them behind the scenes for good reason. We are the glue that holds you together regardless of circumstances. We look forward to working with you in privacy to elevate your potential in all areas of life and to ensure you build an unbreakable relationship with yourself AND the journey is actually fun and inspiring every step of the way.

We only ask that you pass on the impact that you receive from this program to the masses using your reach and ability to transform the lives of others in small or big ways.

Reconnect. Rediscover. Realign. Recreate.

WHAT'S THE PROBLEM?

THE 4 BIGGEST ISSUES OUR CLIENTS FACE ARE:
DISCONNECTION. EXHAUSTION. MISIDENTIFIED. FEAR

Are you powerful and passionate with a track record of taking consistent risks and action that leads towards big results that wow?

Do you have or had the success, crave more of it yet crave something more outside of it? Do you often wonder how to simplify and where all the meaning actually lives in what you've created or do on a daily basis? Do you feel disconnected to who you really are and are living with identities and masks to maintain the success you've experienced?

Do you know and like who you are outside of what you know, what you have and what you do? Do you often wonder who you are without it and if that version of you is enough?

The single biggest challenge you face as an elite high achiever is that your game is so much bigger than that of anyone around you. You play at a level at which most people cannot even fathom. This comes with a lot of pressure and a lot of fear.

As a team we are experts at taking VIP's from around the world to the greatest levels of success externally whilst connecting them internally so they experience the best of both worlds. In sports, music, performing arts, business, fashion, TV - anyone who plays at the highest possible level.

And here's what we know about you:

Despite your success—actually, because of it—doing more of what you're already doing is not going to lead to your next level of success & it doesn't bring the internal fulfilment you see slipping through your fingers. In fact, the very qualities that have led to your current success are precisely what hold you back from even greater levels of accomplishment - and they also lack the ability to give you the true connection, meaning, richness and fulfilment internally that you seek. In other words the gifts that got you to where you are in fact, become your greatest challenges:

WHAT'S THE PROBLEM?

Our clients are:

Under immense pressure with a lot of responsibility

With so much riding on you to be at the top of your game, hold up status or maintain wealth to support so many others sometimes the pressure becomes too much and eventually some form of sabotage kicks in to escape all that weight.

Can't stop or the wheels fall off...

Our clients rarely stop and are rarely truly present or calm. And they rarely are connected to who they truly are as a human worthy of just being able to be themselves. If the rug is pulled out from under you tomorrow - who are you beyond what you do & what you have? Do you realise and truly believe that you are valuable just as you are without the need to maintain an identity, wealth or creation?

Can't show fear or weakness...

This is especially true for those in performing arts or sports. If they are vulnerable about their inner breakdowns it can lead to losing everything. This leads to a lot of hiding, pretending, suppression and eventually a break down of some sort as their emotions eventually get the better of them. What gets pushed down or away grows force and eventually comes to the surface to be healed requiring your attention - and ours.

Losing everything has catastrophic outcomes ...

We get it. What you have and have created and what is riding on you being you is a lot to deal with - and if it is all lost what does that say about you and what will it mean to all those dependent on you? The need to maintain control at all costs - including your sanity is common for our high performers.

Live with multiple identities and lose themselves in power, status & wealth...

When we work with you we connect to who you truly are. But for many of our clients who they truly are is often hidden, masked or separated for them to function. When you can show up as your authentic self without fear - this is truly how we win the game of life.

Lack trust in others...

We work with you and for your greatest good - but we are not dependent on you. But with all those who are dependent on you and needy of what it is you bring to the table it becomes hard for you to really connect or trust anyone even in your inner circle. This is a lonely place to be so we help you protect you from what is expected of you.

WHAT'S THE PROBLEM?

Cannot get personal help easily...

Even with all the freedom and wealth you have acquired – getting personal, private and truly confidential support for your mental, physical and spiritual health is actually quite difficult – especially having those people all work together for the greater good of you and not just what you do. Almost all of our clients don't have an external team supporting them physically, mentally, emotionally and energetically in a way that they love, a team that has their back outside their circle or a team they can access easily to truly nurture them as a human. Usually by the time we meet it's breaking point. It's important our VIP's choose us and resonate with the team that is hand picked to support them in their personal life.

Where did all the meaning and fulfilment go?

Many of our clients feel detached from real meaning, fulfilment and internal joy. Even if they have everything they feel starved for a connection with themselves and life. Real joy and meaning lives in tapping into the present moment without the need to change it in anyway. It is in that moment that contentment, inspiration and bubbles of joy come to the surface but rarely are they able to be in this space. We take you there over and over to bring back the internal well spring of meaning you desire.

No one tells you the truth....

With so many people dependent on you and with the power you have accumulated and the identity you have created to protect it all you often end up in the seat of control with those around you which means you no longer are being held responsible for your behaviour or actions. This leads to a lack of growth and you end up operating outside integrity. Our clients appreciate our direct, real and raw ability to tell them the truth of what we see and support we offer unconditionally to help them become their greatest self.

We are here to help you pull back from life, disconnect and receive the full support needed in every area of your life and personal wellbeing so that you can live as the greatest version of yourself.



WHAT WE DO

OUR PROGRAMS



Health & Wellness

- Detox
- Weight Loss
- Fitness
- Illness Recovery
- Injury Recovery
- Health & Energy Reset
- Deep Relaxation



Mental Health

- Severe Stress & Burn Out
- Anxiety & Panic
- Depression
- PTSD and Trauma
- Grief and Loss



Relationships

- Relationship Recovery
- Marriage Breakdown
- Family Retreats
- Divorce & Separation Help
- Teen Retreats



Addictions

- Excess drinking
- Excess drug taking
- Prescription drug addiction

STOP SEARCHING....

*The world's most exclusive private
treatment for true transformation*

You will not find any other retreat or treatment centre in Bali, Australia, US, UK, EU, UAE or Asia that offers this level of personalised attention, holistic program, peace, confidentiality & genuine life changing results.

Since 2009 we are the most sought after retreat for good reason and it is why every guest continues to work with us for years to come as their confidential guides & secret support weapon on the sidelines.

We simply offer excellence in creating the ultimate bespoke retreat for you where you can revamp every aspect of yourself and your life, fully customised, in peace and luxury. Not to mention the next level treatment protocols that get you life long results.

You will walk away with....

- **REVITALISED PHYSICAL HEALTH** feeling the benefits of the Alive Health Protocols uniquely created for your mind, body and physical rejuvenation
- **MIND TRANSFORMATION** as you learn the mind tools that help you self calm, get present, heal from within & focus on what truly matters
- **DE STRESS YOUR LIFE** using our full high performance system for living a life to thrive instead of survive whilst eradicating burn out and stress for those who play at the top
- **TRUE INNER CALM & PRESENCE** time in nature to connect and reflect as well as our complete teachings and healing therapies for inner peace
- **REKINDLE YOUR PASSIONS & PURPOSE** and build a life that you love leaving retreat with a whole new life direction & plan for your future
- **INNER CONFIDENCE & SELF WORTH** as you learn to become your own best friend and acknowledge your own greatness beyond what you do ready to shine with ease

TRANSFORM EVERY AREA OF YOUR LIFE



Re create Life On Your Terms

We don't just support you to heal - we focus on a full life transformation including health, habits, becoming the greatest self, re-creation of your life, relationships, purpose, life direction, career and business and a whole lot more. Every guest leaves our retreat forever changed ready to step into a new way of being with our ongoing support using our process and team for years to come to reach their human potential with our full support.

Your bespoke program is designed to release your struggles and unlock your human potential in record time.

We offer a genuinely life changing experience that offers 'outside the box results' for those who live & think 'outside the box' in life.

Not only is our program empowering, it is genuinely fun and full of warm, effective, unconditional support, integrity and honesty in your treatment and transformation.

BOOK A CALL

RECONNECT TO WHO YOU TRULY ARE

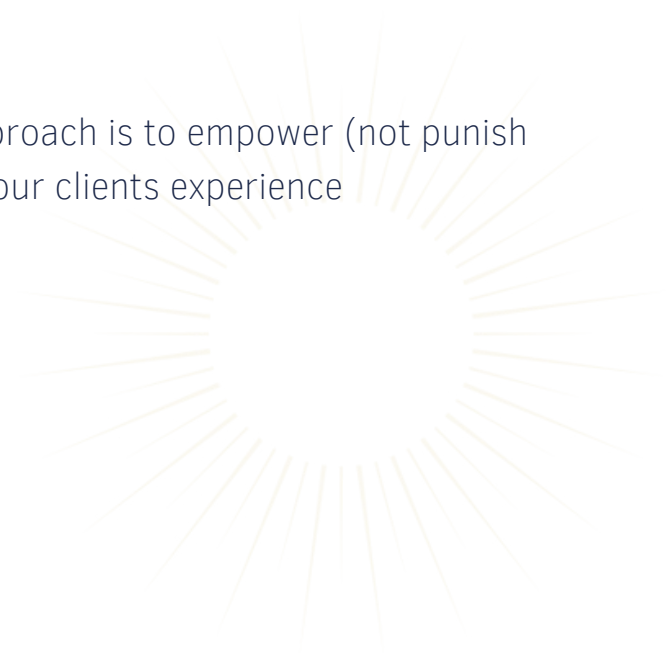


Bring Back The Meaning & Fulfilment

As you relinquish all responsibilities & gain time to reflect on who you truly are, what truly matters to you - the presence, meaning & fulfilment returns and so does your thirst for living a life you love.

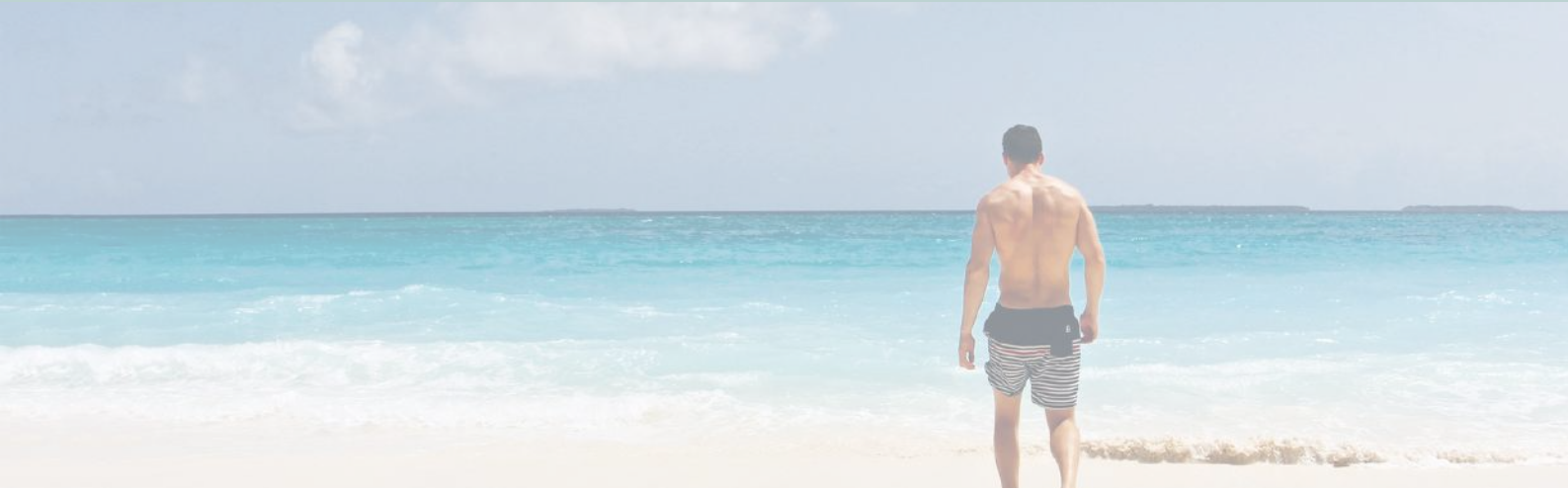
The true magic at retreat happens inside the small moments of care, self reflection, immersion in nature & feeling fully supported to be who you truly are without restriction or judgement.

Regardless of the issues you are facing our approach is to empower (not punish or restrict) our clients and it is for this reason our clients experience transformation and results that last a life time.



BOOK A CALL

PHYSICAL TRANSFORMATION



Rejuvenate & Cleanse The Physical Body

Create inner power, focus & an abundance of vitality.

Transform the physical body through detox, cleansing, nutrition, complimentary medicine and a unique treatment plan to rejuvenate provided by your team of health experts.

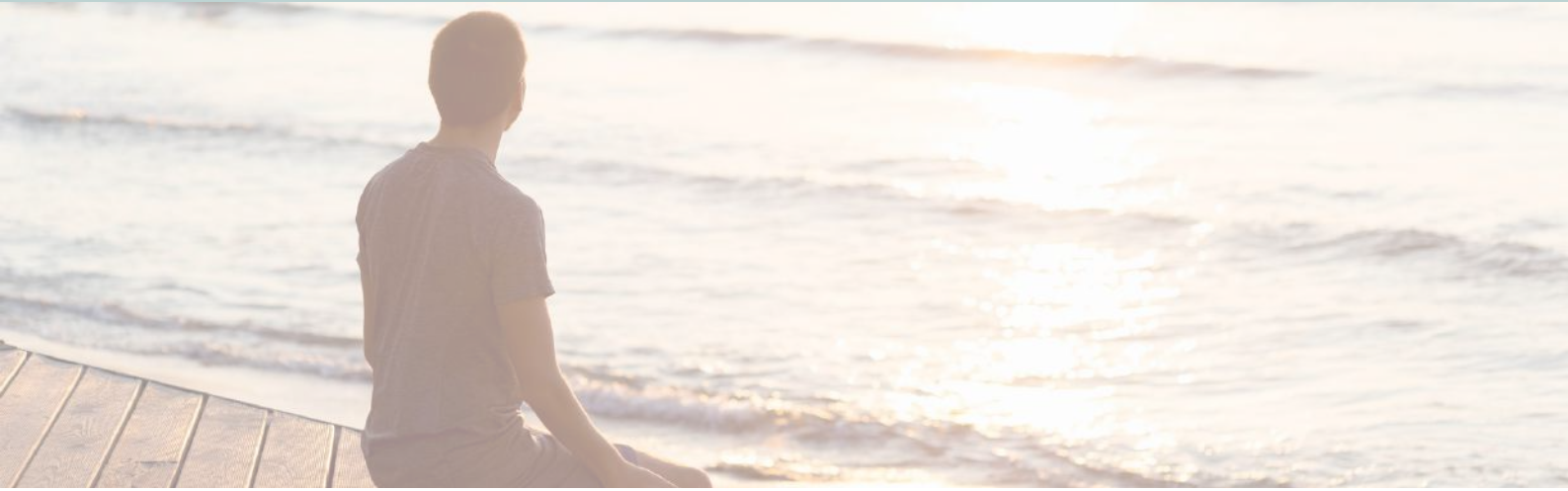
Create an abundance of healthy habits & regain your personal power through reconnecting with the body, nature & your self.

Our clients drop addictions & unhealthy ways of eating and being with ease and without restriction, judgement or going without.

Instead we offer a world's first biochemical treatment protocol with experts to ignite your passion for loving your body & creating a passion for healthy living that will serve you for the rest of your life.

BOOK A CALL

MENTAL & EMOTIONAL HEALING



Regain Your Inner Calm & Power

Release what holds you back & be fully supported on your journey to radically transform mentally & emotionally... and to be uniquely you.

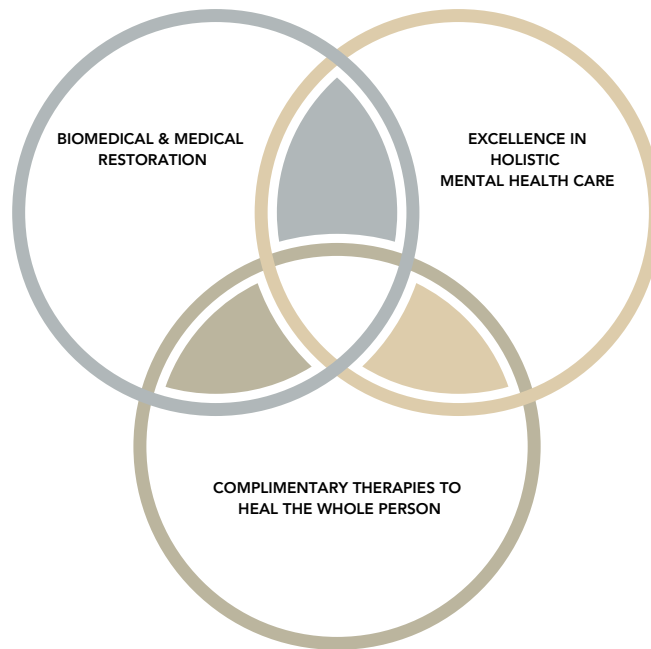
Become fully empowered & resilient to face challenges, from the past & the present with our fast track personal transformation therapy & coaching for becoming the best version of yourself.

Our clients learn to master their mind and emotions, heal the past and say goodbye to burn out, anxiety, depression and more for good. We understand the level you play at and the fear and overwhelm that comes with it. Our team of Psychologists, High Performance Coaches, Psychotherapists and more help you create radical healing and support you to become unstoppable with ease.

As you regain a true sense of calm with an empowered approach to reworking your mind and emotions you reconnect with your true self and rebirth an authentic sense of confidence and calm.

BOOK A CALL

THE POWER OF A 360 DEGREE HOLISTIC PROGRAM



Use A Proven Process & Expert Team

Feel & see the powerful difference with a holistic healing protocol to balance the body, mind & spirit with a collective team of wellness professionals supporting & transforming every aspect of you for the most optimum and rapid results.

Get results in weeks not months as your whole team transforms you and your life together in record time.

We use a proven holistic approach designed for VIP's including a range of complimentary healing therapies and a full team to empower and transform you. Our process is proven and we support you before, during and after your stay as your A team are ready to ensure you live your best life free of struggles, surrounded by unconditional support.

BOOK A CALL

THE ALIVE PROCESS



INSIDE YOUR TRANSFORMATION

18 Powerful Areas Covering Our Proven System For Health, Happiness & High Performance for VIP's.

- Full Access To Hand Picked Coaches, Wellness Experts & Consultants
- 1:1 Sessions With The Alive Therapists On Each Key Learning AT MASTERY LEVEL
- Tool Kit - Visual How To Guidebook & Online Accountability System Ensures You Manage Every Aspect Of Yourself, Life, People & Business



GET TO THE CORE OF THE ISSUES

Self Awareness | Start With The End In Mind | What's the Problem? | Close The Gaps | Define Your Greatness | Attitude

We explore the art of self awareness & how to pinpoint your own gaps in life, self, relationships & business. You learn how to explore from the outside looking in where you are, where you want to be and how to close the gaps.



STRESS ELIMINATION

Everything Is Touching Everything | Stages Of Stress | Defusing & Removing Stress Holistically

You will nail your key stresses and remove them - hint - they are never what you think. Our fast tools for stress reduction involve cleaning up what's in the way of greatness & stepping into clarity and calm.



HEALTH TRANSFORMATION

Unlimited Health Holistically | Energy & Focus | Daily Habits For Greatness | Sleep & Rest Hacks | Biohacking

You will revamp your health on every level. At Alive our health model transforms the health of the whole person naturally, effectively & fast. You will then instill the habits to power up your energy to fulfil your potential healing mental health issues from the inside out.

OUR PROVEN SYSTEM



REGAIN ENERGY, HEALTH & VITALITY

Detoxification | Cleansing | Health Plan | Unlimited Power & Energy | Physical Movement | Exercise

You remove toxicity in your life on every level including physically. Our purification process mastered over 15 years of research includes protocols using food for mood & energising your body on every level with exercise for life force.



CREATING PERMANENT PEACE

Presence | Connection | Inner Calm | Creating Peace

You dive deeply into connection with who you are at your core and the world around you. With the Alive system for inner peace you bridge the gap between your identity and your true self and build permanent internal peace & belonging unshakable by your external world.



MASTER YOUR MIND

ACT | CBT | Psychotherapy | Master Your Mindset | Transform Your Relationship To Your Internal World | Release Internal Struggle

You transform your relationship to the thoughts, stories & beliefs that are holding you back. The Alive mind system leverages your potential by increasing your EQ. Armed with emotional intelligence you become unstoppable.



FROM FEAR TO FLOW

Overcoming Fears | Transforming Limiting Beliefs | Self Worth | Cleaning Up

You unveil the deepest invisible aspects of you that are holding you back in every area of life. We clean up what's in the way of reaching your absolute potential.

OUR PROVEN SYSTEM



CLEAN HOUSE

Emotional Baggage Release | Emotional Transformation | Pain Drains | Living & Creating From Present Not Past
You clean house internally releasing your emotional baggage weight and step into full expression of yourself without resentment or regret. Unleash the past, release what holds you back and move forward with full force into the present where creation lives.



CREATING TRUE FULFILMENT

Your Value System | Crafting Fulfilment | Live With Meaning
You get clear on what matters most to you from the inside out. You design a life of true meaning & absolute fulfilment and live from an inner compass directed by values in both life, relationships and business. Your boundaries & direction take a powerful shift through this process.



DRIVE YOUR LIFE WITH PURPOSE

What's Your Genius | Stay In Your Own Lane | Serving Vs Doing | Live On Purpose | Be Yourself
You clarify how you serve in the world. Our purpose changes over time so now is the time to show up as your unique self & serve the world in a powerful way in your own lane operating only from your genius.



THE ULTIMATE LIFE VISION

Vision | Creation | Life Mapping | Laws of Abundance | Trust
You become the wizard of your world crafting your own unique vision for every aspect of your life and business bringing it to life in record time. Operating from fearless faith we set your vision on fire.

OUR PROVEN SYSTEM



MASTER YOUR WEALTH CREATION

Money Mindset | Sustainable Wealth Creation

We dive deep into your beliefs and mindset around money, prosperity, legacy and sustainable wealth creation without wastage, scarcity, lack & being clear on your drivers for wealth creation with integrity. With a healthy respect for all you create you will forge a relationship with long term financial gain through mindset shifts.



BECOME A LEADER

Leader Not Boss | Visionary Vs Controller | Boundaries | Delegation | Team | Support

You master your natural leadership skills and become the visionary driving force behind all the you do with the full support of your team clear on their roles of support. You now step fully into your own power without apology.



RELATIONSHIP SUCCESS

Manage Your People | Communication | Listening | Understanding | Close Personal Relationship Success | Intimacy | Relationship Standards & Agreements

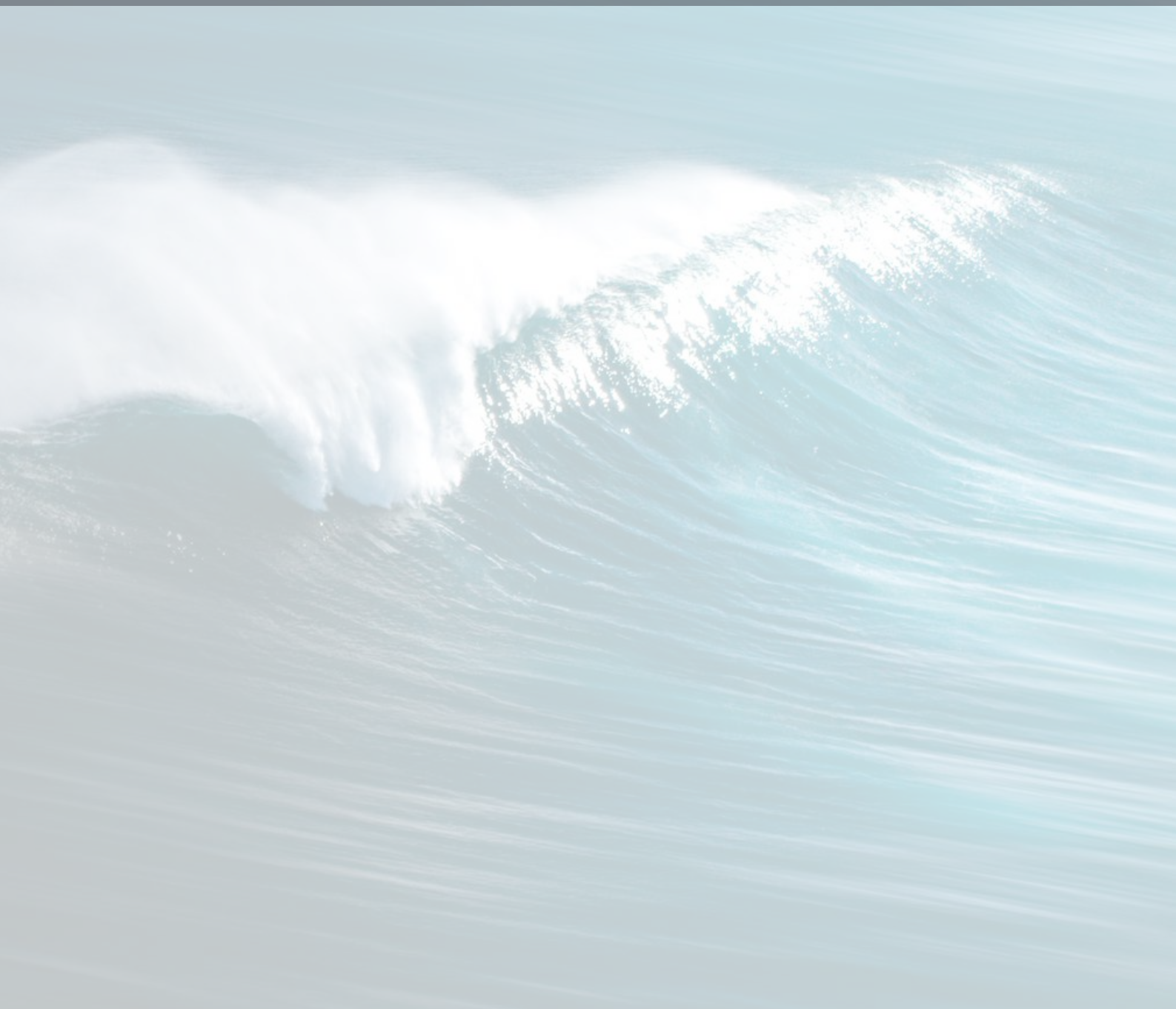
You forge deeply connected relationships with those closest to you and create the relationships you want with those around you with ease & clarity.



MAP FOR SUCCESS & AFTERCARE

Life Map | Goals | Time Management | Integration Of Vision
Now your vision becomes your reality with a clear pathway and Alive life management & mapping system in place to launch the next chapter of your life with inspiration, excitement and joy. Your Alive team stay by your side to integrate all changes into real life.

MEET THE TEAM



ABOUT US

They say it takes a village to raise a child.

We believe it takes a team to heal rapidly - we get you results in weeks not years.

Our team are here to focus on you only and together we support you in a way you cannot imagine only working with 1 guest at a time.

With unconditional love & understanding, zero judgement, absolute skill and a program that is proven to work over and over together we work on transforming each part of you in record time.

It is an honour to be apart of your journey and to share in your transformation and it is with much gratitude that our entire team welcomes you to 'retreat' and congratulates you on choosing to give yourself this gift.

The Alive Program and Journey is unique to each individual as each person has had a unique life path that has brought them to this very moment.

Our program is 100% holistic designed to not only heal the issues for good but to ensure you become skilled with life long tools to be the greatest and most empowered version of yourself.

It is for this reason - using tools not more talk - and an empowering process that our clients receive extraordinary results that sees them transforming all areas of their life in record time.

Our clients love what we do because it is non clinical. This means we use clinical processes but our process is non clinical. We use what is helpful and empowering and for this reason our clients are inspired by the therapies and therapists, tools and learning an empowered way of being and living that lasts a lifetime.

360 DEGREE TREATMENT TEAM



Heidi

Facilitator | Coach | Team
Manager | Program Director
| Yoga | Meditation |
Mindfulness | Hypno |
Nutrition



Katrina

Psychotherapist | Holistic
Counsellor | Trauma
Specialist | Addiction
Specialist | Relationship
Counsellor



Laura

Holistic Counsellor |
Psychologist |
Hypnotherapist | Trauma
Specialist



Sara

RTT Hypnosis Therapist |
CBT | Psychotherapy | Alive
Life Coach



Jenn

24/7 Client Manager |
Support | Liaison | Team
Manager | Host



Frauke

Senior Yoga Meditation
Mindfulness & Breathwork
Facilitator



Marta

Senior Yoga Meditation
Mindfulness & Breathwork
Facilitator



Alistair

World Renowned
Psychologist, NLP &
Executive Coach



Marc

Naturopath | Nutrition Head
Therapist | NLP | Hypno |
Acupuncture & TCM

360 DEGREE TREATMENT TEAM



Charlotte

Holistic Psychologist
Ayurveda & Nutrition Guest
Host & Support



Dr Joe

Holistic Doctor
Biochemistry



Jim

Kinesiologist
Healer



Anto

TCM Therapist
Acupuncture



Athina

Head of Spa & Therapeutic
Massage Team



Dr Peggy

Holistic GP & Doctor
Naturopath
Homeopath



Carly

Personal Coach | 24/7 Client
Support | Yoga & Meditation



Connie

Kinesiology | Healer |
Medical Herbalist



Iren

Private Chef | Guest
Assistant

360 DEGREE TREATMENT TEAM



Michael

Fitness, Adventure & Martial Arts Expert



Sudi

Head of Concierge, Villa Management & Security



Elvira

Head Of Villa & 5 Star Staff Management



Dr Risti

Medical Detox
GP, Consulting Doctor



Rich

Meditation & Mindfulness
Trainer
Mens Empowerment Coach



**BSI Medical
Team**

Nurse, Testing, GP,
Biomedical Team, IV



Chris

Corporate Sales &
Performance Development
Coach



Polly

Business Leadership &
Strategy Coach



AJ

Success Coach & High
Performance Specialist

THE THERAPIES



360 HOLISTIC THERAPIES

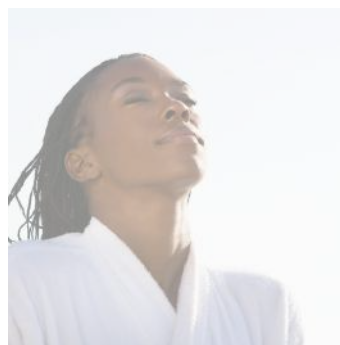
Health Rejuvenation

- GP, Nurse and Medical Team
- Biochemical and Analysis Team
- Nutritionist
- Naturopath and Herbalist
- Chinese Medicine Therapist
- Private Health Food Chef
- Wellness Coach



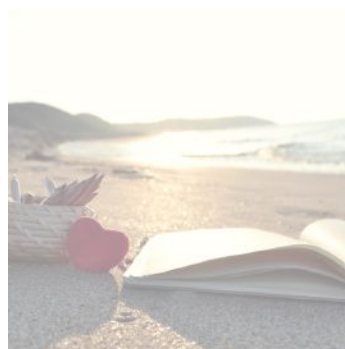
Inner Peace & Healing

- Senior Worldclass Yoga Teachers
- Expert Meditation Teachers
- Mindfulness Teachers
- Breathwork Facilitators
- Energetic Healers
- Kinesiologists
- Bio Feedback



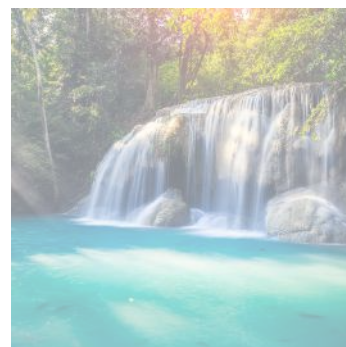
Life & Habits

- Master Alive Life Coaches
- High Performance Experts
- Relationship Coaches
- Leadership Coaches
- Personal Development Influencers

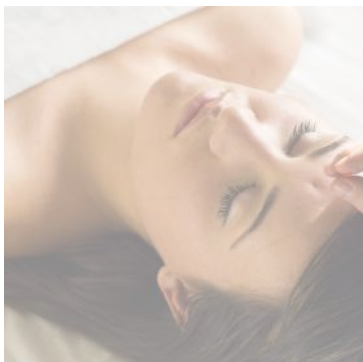


Culture & Adventure

- Nature Exploration Experiences
- Adventure Experiences on the Island of Bali to Waterfalls, Volcanoes & Lots More
- Balinese Healing Experiences
- Spiritual Tours

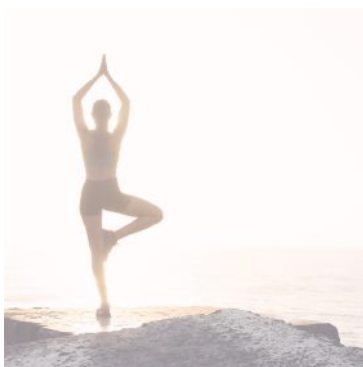


360 HOLISTIC THERAPIES



Body Work & Spa

- Acupuncture
- Acupressure & Shiatsu
- Massage - All Techniques
- Osteopath
- Spa & Beauty Team
- IV Therapies
- Oxygen Therapies



Physical Movement

- Personal Trainers (all types)
- Martial Arts
- Fun Fitness - Outdoor Sports & Adventure Guides
- Hiking Guides
- Pilates



Mental Health

- Psychotherapists
- Psychologists
- Addiction & Trauma Specialists
- Facilitators & Hosts
- 24/7 Support Team



Business & Career

- Business Coaches & Consultants
- Team & Personell Coaches & Trainers
- Financial Consultants
- Career Guides
- Busienss High Performance Program & Support

YOUR LUXURY RETREAT



OUTSTANDING SERVICE

LUXURY SERVICE AT ITS BEST IN PRIVACY ON THE
ISLAND OF THE GODS IN BALI



Your Own Private Discreet Hideaway

Every space for each guest is uniquely chosen for your tastes & level of privacy and confidentiality.

Step into your beautiful paradise surrounded by nature & leave all of your worries behind as we take you on a journey of a lifetime.

At Alive you enjoy a choice of your own private 5 star luxury accommodation with each villa chosen to suit your uniqueness offering expansive spaces, surrounded by nature & privacy in absolute luxury.

Never lift a finger and allow our team to take care of your every need during your personalised & tailored wellness retreat experience with 24/7 support.

With multiple spaces to unwind & relax and your own secluded space you will feel at peace as you are lulled into relaxation at the spa, served delicious mouth watering meals with our private executive detox chef, enjoy daily yoga & meditation classes overlooking the view & wander the local rice paddies or quiet village to take in the breath taking natural surrounds with our guides.

All of your private 1:1 therapies are delivered on site as our team nurtures you in secrecy and seclusion giving you the space to feel free and present as you need it.

With your butler and drivers on stand by you can enjoy absolute freedom with all your needs taken care of by our facilitators, hosts, wellness and private resort team.

[BOOK A CALL](#)

THE LUXURY FACILITIES



A wellness oasis...

Every Private Property chosen uniquely for you includes:

- The stunning views of nature including green rice fields, lush tropical gardens and beaches or jungle - it's your choice
- The infinity pools with sun lounge space & resting areas
- Lounge areas for relaxation, journaling, star gazing & reflection
- Exquisite dining area and health bar with free flowing health infused drinks & gourmet healthy meals designed by your Nutritionist
- Absolute peace & privacy protected by 24/7 security
- Onsite spa team to lull you into a state of bliss whenever needed
- Your choice of sleeping spaces from divine master suites and room for your team or family
- Designated yoga, meditation & workshop spaces for inner peace teachings
- Therapy rooms in private spaces for healing, coaching, therapy & wellness sessions
- Private confidential & discreet service team including service staff, housekeeping, butlers & booking concierge
- Drivers on stand by ready to transport you to cultural, adventure, nature & offsite experiences
- Surrounding walking tracks through peaceful rice paddies, rivers & villages with guides
- Health Food Executive Chef and service team to cater to your needs
- Support team and hosts 24/7 hiding in the wings to be available and present as often as you need but also discreetly aware of your time to have space and privacy

BOOK A CALL

SERVICE & SUPPORT



Bespoke team and space uniquely created for your needs

We've carefully created the ultimate retreat experience unlike any other retreat to ensure that you feel like royalty during your stay with us as we pamper you & support you on your life changing journey now and always:

- Your own designated retreat host & executive assistant that offers you personal support & guidance during your stay
- Program Director and client manager driving and facilitating your retreat and team treatment experience at all times
- Live in team or therapist if required 24/7
- Travel with our private executive drivers & security ensuring you feel comfortable and safe at all times
- As much support, privacy and space as you require with a team skilled at dealing with the Elite
- A complete wellness & therapy team with carefully planned program that offers proven results in record time
- No restriction - you are treated as a fully willing adult and we don't restrict your contact with the outside world or freedom to move in and out of the space as long as you remain fully committed to the process and team
- Zero judgement and constant self empowerment from a team who is there to fully support you being uniquely you

BOOK A CALL

EXECUTIVE ACCOMMODATION



EXECUTIVE VILLAS

Our executive retreats offer you your own secluded villa on spacious grounds in an extremely secluded and hidden location. With complete privacy and no distractions you are hidden from the outside world and enjoy the ultimate level of personalised service from your wellness & villa team.

EXECUTIVE INCLUSIONS

- King beds
- Lush furnishings
- Open spaces with divine views of nature
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- 1-4 bedroom villas available
- Daily housekeeping
- Room Service - your own customised wellness menu & private chef
- Complete Alive Wellness Program

[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

VIP ACCOMMODATION



VIP VILLAS

Our VIP retreats offer you your own secluded villa on within Bali's top 5 star resort in an extremely secluded and hidden beachfront location. With complete privacy and no distractions you are hidden from the outside world and enjoy the ultimate level of personalised service from your wellness & villa team yet can enjoy the stunning facilities.

EXECUTIVE INCLUSIONS

- King beds
- 5 Star furnishings
- Open spaces with divine views of the beach
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- 1-3 bedroom villas available
- Daily housekeeping
- Private butler 24/7
- Room Service - your own customised wellness menu & private chef
- Complete Alive Wellness Program

[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

ELITE ACCOMODATION



ELITE VILLAS & PRIVATE ESTATES

Our ELITE retreats offer you your own secluded residence and private estate within Bali's top 5 star resort or in a secluded area of your choice. With complete privacy and no distractions you are hidden from the outside world and enjoy the ultimate level of personalised service from your wellness & villa team yet can enjoy the stunning facilities.

EXECUTIVE INCLUSIONS

- King beds
- 5 Star furnishings
- Open spaces with divine views of the beach
- Lounge & desk areas
- Ensuite bathrooms with shower and bath
- Balcony and patio areas
- Absolute peace and privacy
- 4-10 bedroom villas available
- Daily housekeeping
- Private butler 24/7
- Room Service - your own customised wellness menu & private chef
- Complete Alive Wellness Program

[BOOK A CALL WITH YOUR WELLNESS CONCIERGE](#)

PRICING & INCLUSIONS



PROGRAMS OVERVIEW 7 NIGHTS

PROGRAM INCLUSIONS	REJUVENATE ME <i>Health & Detox</i>	RELAX ME <i>Stress & Burnout</i>	RENEW ME <i>Mental Health</i>	RESTORE ME <i>Addiction</i>
Customised 1:1 Program You Are The Only Guest	Yes 7 Day Minimum	Yes 10 Day Min Stay	Yes 14-21 Day Min	Yes 21-30 Day Min
Private Movement Sessions	3 x Yoga, PT, Outdoor Fitness	4 x Yoga, PT, Outdoor Fitness	5 x Yoga, PT, Outdoor Fitness	6 x Yoga, PT, Outdoor Fitness
Private Inner Calm Sessions	2 x Meditation, Mindfulness, Breathwork	3 x Meditation, Mindfulness, Breathwork	4 x Meditation, Mindfulness, Breathwork	5 x Meditation, Mindfulness, Breathwork
Private Health & Wellness Sessions	GP, Naturopath, Wellness Coach, Biomedical Testing, IV	GP, Naturopath, Wellness Coach, Biomedical Testing, IV	Extensive GP, Naturopath, Wellness Coach, Biomedical Testing, Natural Balancing, IV & Ozone Theraoy	GP, Psychiatrist, 24/7 Medical Monitoring, Naturopath, Wellness Coach, Biomedical Testing, Natural Balancing, Medical Detox, Intensive IV & Ozone Therapy
Private Therapy, Executive Coaching & Counseling	Life & Wellness Coaching	Life, Wellness & Executive Coaching, Holistic Counseling	Life, Wellness & Executive Coaching, Holistic Counseling, Psychotherapy, Alive Mental Health Process	Life, Wellness & Executive Coaching, Holistic Counseling, Psychotherapy, Alive Mental Health Process, Psychitarist
Customised Cleanse, Chef & Detox Menu	Private Chef, Holistic Customised Detox Menu	Private Chef, Holistic Customised Detox Menu	Private Chef, Holistic Customised Detox Menu	Private Chef, Holistic Customised Detox Menu
Facilitation, Support, Mentoring	Therapies Only, Booking Concierge, Daily Facilitator Check In	Booking Concierge, Daily Facilitator Check In, Support Coach	Booking Concierge, Daily Facilitator, Full Time Support Coach	Booking Concierge, Daily Facilitator, Full Time Support Coach, Live in 24/7 Support
Holistic Therapies	Acupuncture, Kinesiology	Acupuncture, Kinesiology, Regression Breathwork	Acupuncture, Kinesiology, Regression Breathwork, EMDR, Hypnotherapy, Alive Trauma Release	Acupuncture, Kinesiology, Regression Breathwork, EMDR, Hypnotherapy, Alive Trauma Release
Massage Bodywork & Spa	Daily Massage & Spa In House or 2 5 Star Spa Visits	Daily Massage & Spa In House or 3 5 Star Spa Visits	Daily Massage & Spa In House or 4 5 Star Spa Visits	Daily Massage & Spa In House or 4 5 Star Spa Visits
Adventure, Cultural & Spiritual Experiences	Full Day 5 Star Nature Adventure & Cultural Experience	Full Day 5 Star Nature Adventure & Cultural Experience	Full Day 5 Star Nature Adventure & Cultural Experience, Weekly Mini Experiences	Full Day 5 Star Nature Adventure & Cultural Experience, Weekly Mini Experiences

The above programs are a guide only. All programs are bespoke and created to suit your unique needs.



EXECUTIVE

4th Private Home

INCLUSIONS	FROM PRICING USD												
4 Star Private Villa Jungle or Rice Field View 2-4 Bedroom <ul style="list-style-type: none">Private DriverPrivate ChefDaily HousekeepingViews of NatureIn house spaComplete privacy and seclusion	<table><tr><td>Wellness</td><td>\$15 995</td></tr><tr><td>Detox</td><td>\$17 995</td></tr><tr><td>Stress</td><td>\$19 995</td></tr><tr><td>Mental Health</td><td>\$21 995</td></tr><tr><td>Addiction</td><td>\$29 995</td></tr><tr><td>Medical Detox</td><td>\$37 000</td></tr></table> <p>Prices are for 1 person private retreat. Couples and groups POA</p>	Wellness	\$15 995	Detox	\$17 995	Stress	\$19 995	Mental Health	\$21 995	Addiction	\$29 995	Medical Detox	\$37 000
Wellness	\$15 995												
Detox	\$17 995												
Stress	\$19 995												
Mental Health	\$21 995												
Addiction	\$29 995												
Medical Detox	\$37 000												



VIP

5th Private Villa

INCLUSIONS	FROM PRICING USD												
5 Star Private Villa Bali's Top 5 Star Wellness Resort <ul style="list-style-type: none">1-3 Bedroom Ultra Private VillaBali's Top 5 Star VillasPrivate Driver & Luxury CarPrivate Executive ChefDaily Housekeeping24/7 Butler ServiceBeachfront, Hidden Beach5 Star Award Winning Spa & Resort FacilitiesComplete privacy and seclusion	<table><tr><td>Wellness</td><td>\$38 550</td></tr><tr><td>Detox</td><td>\$41 550</td></tr><tr><td>Stress</td><td>\$49 715</td></tr><tr><td>Mental Health</td><td>\$55 609</td></tr><tr><td>Addiction</td><td>\$59 000</td></tr><tr><td>Medical Detox</td><td>\$POA</td></tr></table> <p>Prices are for 1 person private retreat. Couples and groups POA</p>	Wellness	\$38 550	Detox	\$41 550	Stress	\$49 715	Mental Health	\$55 609	Addiction	\$59 000	Medical Detox	\$POA
Wellness	\$38 550												
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Medical Detox	\$POA												



ELITE

5th Private Estate

INCLUSIONS	FROM PRICING USD												
5 Star Private Villa Secret Estate <ul style="list-style-type: none">5-10 Bedroom Ultra Private Villa EstateBali's Top 5 Star VillasPrivate Driver & Luxury CarPrivate Executive ChefDaily Housekeeping24/7 Butler ServiceBeachfront5 Star Award Winning Spa & Villa FacilitiesAbsolute Confidentiality In Secret Location	<table><tr><td>Wellness</td><td>\$41 350</td></tr><tr><td>Detox</td><td>\$45 550</td></tr><tr><td>Stress</td><td>\$53 715</td></tr><tr><td>Mental Health</td><td>\$59 609</td></tr><tr><td>Addiction</td><td>\$63 000</td></tr><tr><td>Medical Detox</td><td>\$POA</td></tr></table> <p>Prices are for 1 person private retreat. Couples and groups POA</p>	Wellness	\$41 350	Detox	\$45 550	Stress	\$53 715	Mental Health	\$59 609	Addiction	\$63 000	Medical Detox	\$POA
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WHAT OTHERS SAY



RECENT TESTIMONIALS

I've never experienced this level of support

After 20 years of parenting and business and putting myself last - it all caught up.
If I didn't find you I would've fallen over.
I was really starting to drop the ball in areas of life.
Within just a week I simply couldn't believe the change in my thoughts, stress, body, energy and a sense of pure happiness coming back.
I connected to each and every one of you and I have never met such a caring, knowledgeable, skilled group of professionals that can literally turn someone's life around with so much ease.
I've never received this level of support before and didn't even know it existed.
I am so passionate about what you do I'm quickly spreading the word in the middle east.
What you do is needed everywhere.
Thank you team. I have the greatest respect for your work.

Ayman, 50's, Investment Banker, De Stress Retreat



I'm just ringing to say thank you...

I rang today...not because I am depressed or medicated again. But to tell you all the exciting things that have happened in my life since my first retreat. As you know I've done 2 retreats with you.
The first you picked me up off the floor and I left an abusive marriage. I found my self again.
The second you help me set my life, wealth and business on fire.
Who would've thought I would be free of such severe depression, trauma and being trapped.
Who knew I would go on to create all the businesses, wealth, passion and plans we set out to?
You believed it, I wasn't sure. But look at it now all in play. I'm living proof of what you do.
Being an empowered Arabic women is rare. I am now a role model for others to believe in themselves and live a life of passion and freedom.
I love the Alive team who I consider family. I can never express my gratitude in words but I just rang today to say Thank you from the bottom of my heart for the life I get to live.

Fatma, 30's, Entrepreneur, Depression Retreat



Thank you for the new lease on life

Minutes into our conversation I knew you were the right team for me.
Addicted, exhausted, broken, marriage falling apart, losing my business and life.
It seemed insurmountable and I didn't where to start.
Luckily you weren't scared at all and quickly got to work.
Within one week my energy was back and we cleaned up the mess. Heidi works fast & directs her team with grace to do what needs to be done in every area of your life.
The most crucial thing you helped me see was that all I was trying to fix was not at all aligned with what mattered to me. 3 months since retreat I am physically a different person with a totally new lease on life. It would take pages to describe all the changes. It's pure magic. A heartfelt thank you doesn't cut it.
How could I every express how grateful I am?

Michael, 40's, Creative Director, Burn Out Retreat



RECENT TESTIMONIALS

I have my life back

My manager found you. I was skeptical to say the least. I was a shadow of myself and unable to produce or create at that point. My career was near over.

Years of tours, creation, so many people and moving parts. I was just done.

Heidi you carefully pulled my life & business apart and put it back together seamlessly taking years of stress off my shoulders. The team worked their magic and mentally all the strain lifted and the focus returned like a river of creativity.

Having you all by my side for the last year since has made my job easier, my team happier and my brand profitable. I have my life & sanity back.

I'm not sure what we would do without you. Gratitude for all that you do.

Carlo, 30's, Musician, Burn Out & Addiction Retreat



Life Saving

When I made the decision to finally get clean (again) I was dreading rehab. My sister found you and thank god she did. Everything from day 1 just made sense. It's hard to describe in words how everything you do works together - it just does. I've never met such inspiring people so deeply committed to what they do and received this level of unconditional love and care - not even from my own family. Months later I have no urges or desires & my sense of self is strong. I'm proud of my journey and I'm running with the lessons I've learnt free from the guilt. The physical fitness and transformation so fast has been a huge motivator for me to maintain. I've let go of all the toxic people and the career is finally sailing.

How do you say thank you in words for all of that? But thank you a million times over.

Hans, 20's, Photographer, Addiction Retreat



5 Stars - Liberating!

Liberating, educational, empowering. My heart brought me here and now I trust it again. I am incredibly grateful and have had the most transformative weeks of my life.

I'm leaving with a new approach to life. I will refer to everyone I know.

Maya, 20's, Anxiety Retreat



RECENT TESTIMONIALS

Utterly Inspiring

'My retreat was:

Powerful

Motivating

Instructive

Honest

Utterly Inspiring

Thank you for a genuinely life changing experience.'

Shane, 50's, Architect, Depression Retreat



Amazing Support!

'I can't thank you all enough for the amazing support, wealth of knowledge and genuine care that I received at the retreat. I have learnt so much and am inspired to continue learning and putting this all into practice for the long term and for me!!

Meg, Mining Executive , 40's, Burn Out Retreat



Amazing Experience

Thank you for an amazing experience that is beyond words.

Inspired

Re centred

Energised

Hopeful

What a gift to be able to deal with years of hustling, burn out, parenting and business issues all at once with remarkable results. I'm excited for the changes in health, business, life & relationships & will refer all that I know back to you.

Emma, 50's, Doctor, Burn Out Retreat



LET'S BEGIN YOUR JOURNEY



CREATE A BESPOKE PROGRAM

APPLY TO WORK WITH US

We offer a 100% life changing experience. Our track record is 100% results for every client - we reach their goals no matter what it takes. It is for this reason that we choose our clients carefully to ensure we can in fact meet your needs now and well into your future. Our client spaces are limited and we support those ready and willing only. To apply you or your team follow these simple steps:

1. [Book Your First Call](#)

[Go here](#), select a time that suits you or those closest to you to complete a full overview of what is required to transform your life.

[BOOK A CALL](#) OR CALL US TO BOOK OVER THE PHONE OR WHATSAPP:
+62 821 2411 0116

2. Complete Our 3 Min Assessment & Confidential Call
3. Complete NDA & Therapeutic Agreements & You Are Booked In
4. Your Entire Program & Team Is Ready In Under 48 Hrs

BOOK CALL

THE TEAM **ALIVE RETREATS**

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aliveluxuryretreats.com